

November 2023

All classes are free to members unless noted otherwise.

Mind Body Studio – Classes and Programs

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00 AM – 5:55 AM Yoga Strength/Balance Carole Petrillo (1st class 11/6)	8:15 AM – 9:10 AM Pilates Reformer Jenny Armstrong					
9:00 AM – 9:55 AM Mat Pilates Elda Esim (1st class 11/6)	9:20 AM – 10:15 AM Pilates Reformer Jenny Armstrong	9:00 AM – 10:15 AM Gentle Yoga Connie Ciulla	8:15 AM – 9:10 AM Pilates Reformer Jenny Armstrong			10:00 AM – 10:55 AM Alternative Flow Yoga Kathryn Mills
10:30 AM – 11:25 AM Pilates Reformer Maryam Paydarfar	10:30 AM – 11:25 AM Vinyasa Yoga Jenny Armstrong	10:30 AM – 11:25 AM Pilates Reformer Maryam Paydarfar	9:20 AM – 10:15 AM Pilates Reformer Jenny Armstrong	9:00 AM – 9:55 AM Mat Pilates Jenny Armstrong	10:00 AM – 11:15 AM Slow Flow Yoga Connie Ciulla	
			10:30 AM – 11:25 AM Vinyasa Yoga Jenny Armstrong	10:00 AM – 10:55 AM TRX Jenny Armstrong		
				11:00 AM – 11:55 AM Vinyasa Yoga Jenny Armstrong		
	5:00 PM – 5:55 PM Zumba Jayashree Acharia	5:00 PM – 5:55 PM Beg. Slow Flow Yoga Amy McClure	5:00 PM – 5:55 PM Zumba Liza Fredrickson			
	6:00 PM – 6:55 PM Alternative Flow Yoga Kathryn Mills		6:00 PM – 6:55 PM Alternative Flow Yoga Kathryn Mills			

Aquatic Classes and Programs

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 AM – 6:30 AM Masters Swim Barbara Hummel	5:30 AM – 6:30 AM Masters Swim Barbara Hummel	5:30 AM – 6:30 AM Masters Swim Barbara Hummel	5:30 AM – 6:30 AM Masters Swim Barbara Hummel	5:30 AM – 6:30 AM Masters Swim Barbara Hummel	6:30 AM – 8:30 AM Masters Swim Barbara Hummel	
6:30 AM – 7:30 AM Masters Swim Barbara Hummel	7:30 AM – 8:25 AM S'WET Kathleen Danforth	6:30 AM – 7:30 AM Masters Swim Barbara Hummel	7:30 AM – 8:25 AM S'WET Kathleen Danforth	7:30 AM – 8:25 AM Warm Water Essentials Sue Belisle	7:30 AM – 8:15 AM Splash HIIT Kathleen Danforth	7:30 AM – 8:25 AM Masters Swim Barbara Hummel
7:30 AM – 8:25 AM Warm Water Essentials Sue Belisle		7:30 AM – 8:25 AM Warm Water Essentials Sue Belisle	9:00 AM – 10:00 AM Masters Swim Signe Linville			9:45 AM – 10:45 AM Masters Swim Barbara Hummel
9:00 AM – 10:00 AM Masters Swim Signe Linville	9:00 AM – 10:00 AM Masters Swim Signe Linville		10:00 AM – 10:55 AM Water Volleyball Brandon Thibodeau	9:00 AM – 9:55 AM Warm Water Essentials Sue Belisle	LEGEND <div style="background-color: #4CAF50; color: white; padding: 2px;">Land Classes and Programs</div> <div style="background-color: #FF9800; color: white; padding: 2px;">Fee Based Classes</div> <div style="background-color: #F44336; color: white; padding: 2px;">Group Cycling</div> <div style="background-color: #9C27B0; color: white; padding: 2px;">Mind Body Classes and Programs</div> <div style="background-color: #395468; color: white; padding: 2px;">Warm Water Classes and Programs</div> <div style="background-color: #00BCD4; color: white; padding: 2px;">Competition Pool Classes and Programs</div> LOCATIONS <div style="background-color: #4CAF50; color: white; padding: 2px;">Group Exercise Studio</div> <div style="background-color: #FF9800; color: white; padding: 2px;">Class Specific Locations</div> <div style="background-color: #F44336; color: white; padding: 2px;">Cycling Studio</div> <div style="background-color: #9C27B0; color: white; padding: 2px;">Mind Body Studio</div> <div style="background-color: #395468; color: white; padding: 2px;">Warm Water Pool</div> <div style="background-color: #00BCD4; color: white; padding: 2px;">Competition Pool Classes and Programs</div>	
	11:00 AM – 11:55 PM Water Volleyball Alan Hernandez	10:00 AM – 10:55 AM DW Variations Garrett Wilson	11:00 AM – 11:55 AM Splash HIIT Signe Linville	11:00 AM – 11:55 PM Water Volleyball Alan Hernandez		
11:30 AM – 12:25 PM Splash HIIT Signe Linville	11:15 AM – 12:10 PM Splash HIIT Signe Linville	11:30 AM – 12:00 PM Mahi in Water Maryam Paydarfar	12:00 PM – 12:55 PM Splash HIIT Signe Linville			
11:30 AM – 12:25 PM Mahi in Water Maryam Paydarfar	12:15 PM – 1:10 PM Splash HIIT Signe Linville	12:00 PM – 12:25 PM Mahi in Water Maryam Paydarfar		12:00 PM – 12:55 PM DW Variations Garrett Wilson		
5:15 PM – 6:10 PM H2O to Go TBD	5:30 PM – 6:25 PM Splash HIIT Kathleen Danforth	5:15 PM – 6:10 PM H2O to Go TBD	5:30 PM – 6:25 PM Splash HIIT Kathleen Danforth			
	6:05 PM – 7:05 PM Masters Swim Barbara Hummel	6:15 PM – 7:00 PM Adult Advance LTS Fee Based Class	6:05 PM – 7:05 PM Masters Swim Barbara Hummel			
6:05 PM – 7:05 PM Masters Swim Barbara Hummel						